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WITH FAME

WARNS SUCCESS CAN

BE ALIENATING {page 8}

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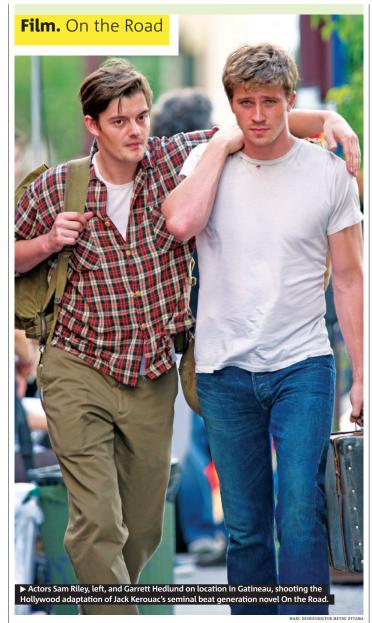
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DISH (page 11)

metricontrawa Metricontrava Me

Wednesday, August 18, 2010 www.metronews.ca



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U.S. classic on rues de Gatineau

Sam Riley and Garrett Hedlund play the two leads, Sal Paradise (Kerouac's alter ego) and Dean Moriarty. The movie, which recounts Kerouac's adventures criss-crossing mid-century America, is directed by Walter Salles and also stars Kristen Stewart, Amy Adams and Viggo Mortensen. Western downtown Gatineau is standing in for Denver.

Committee OK's Arts Court plan

◆ Facelift for Arts Court, new home for OAG to cost about \$40M **◆** City staff to study relocating OAG to Lansdowne Park **◆** Plan now goes to city council, meeting Aug. 25



The Arts Court may be getting muchneeded renovations, with a new film and video screening room, new performance space and an underground parking lot but there will be no room for the Ottawa

Art Gallery.
Yesterday, the city's corporate services and economic development committee approved the upgrades to the Daly Street building, which houses many of the city's arts and culture organizations.
The Ottawa Art Gallery, currently

Ine Ottawa Art Gallery, currently housed at Arts Court, would move to a new, larger home elsewhere, possibly out to Lansdowne Park.

The two projects will get \$12 million in funding that was originally earmarked for

"The concert hall is not dead. It's a living project; it's a vision in the minds of the people of the city of Ottawa which will be in our minds until we have it."

ALAN BOWKER, FRIENDS OF THE CONCERT HALL

a downtown concert hall, which has run into numerous delays and difficulties.

The committee agreed to add a recommendation that a concert hall remain "an important cultural priority" for the city.

For supporters of the concert hall, the loss of the funding was "a bitter pill to swallow, and they don't want to go from being the city's No. 1 cultural priority to being off the radar," said Coun. Diane Deans, who introduced the amendment.

Sports

NHL looks outside the box

♠ Research and development camp to test potential rule changes ♠ No-touch icing, modified faceoffs, off-ice refs among proposals {page 22}

Greetings from Asbury Park

Plenty to see on this famous Jersey shore {page 13}

It's not what you know ...

It's who — and you already know them, says book's author {page 19}



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Researchers get a \$498K boost

Four researchers at Carleton University are receiving a total of \$498,468 in new funding from the provincial government.

Ottawa Centre MPP Yasir Naqvi announced the grants yesterday.

"This is going to engage undergraduate and graduate students who will be researching and learning which is exactly what universities are all about," he said.

Among the recipients is

Dr. Maria DeRosa.

She'll be getting \$140,000 from the province to hire researchers for her work on a specially coated "smart fertilizer," which would release nutrients only when crops need them, reducing waste and environmental impact.

The funding, she said, would have lasting benefits beyond her specific project.

beyond her specific project.
"It has kind of a spin-off
benefit," she said.

"We get this money to do

this research, but now the people that we've trained are going to be the next generation of researchers that are going to be innovators and help Ontario."

Also receiving funding are Dr. Patrice Smith, Dr. Ash Asudeh and Dr. Jeremy Laliberte.

STEVE COLLINS



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SpinDoctor on the goodwill earned during Michael Ignatieff's summer road trip. More at metronews.ca/ blogs



Burning desire to change status quo

• Of 1,400 Ottawa Fire Service staff, only about 50 are female firefighters



By the time 15-year-old Felicia Perron is ready to apply for the Ottawa Fire Service, female fire fighters likely won't be such a novelty.

novelty.

As things stand, the profession is almost completely dominated by men—but the few women whohave joined the ranks are working to even out those numbers.

This week, Perron and 23 other young women are taking part in a Camp FITT (Female Firefighters in Training) in order to learn first-hand about the physical fitness, teamwork and work ethic it takes to be firefighter.

"It's really exciting. Most people don't get the opportunity to do this," said Perron.

"To many people, a fire is the worst day of their lives. To firefighters it's "Whether you are a man or a woman, as long as you can pass the aptitude test and the physical abilities test, then you're on your way to the best career in the world."

JOHN DEHOOGE, OTTAWA FIRE CHIEF

just another day,"

Miranda Moir, 19, said she is more nervous about climbing five storeys to the top of the rescue ladder than fighting fires.

Moir said the camp made her realize that she will have to train hard to pass the physical testing.

The job does require a high level of fitness, said Ottawa fire Chief John de-Hooge, but women are capable of meeting that standard.







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PM eyes smuggling laws

Hearings required so authorities can keep migrants in jails until identities are confirmed

Prime Minister Stephen Harper says the federal gov-ernment "will not hesitate" to strengthen Canada's human smuggling laws, but after a week of suggesting a crackdown, the government has still not

provided specifics. Harper did not spell out what Ottawa might do to prevent future ships full of migrants from arriving in Canadian waters similar to the way 492 Tamils arrived

Public Safety Minister Vic Toews has been saying since last week that Canada will do whatever it has to do to beef up its laws and prevent human smugglers and terrorists from taking advantage of Canada's refugee system.

"Ultimately as a government we're responsible," Harper said yesterday following a local announcement in Mississauga, Ont.

"It's a fundamental exercise of sovereignty. We are responsible for the security of our borders and the ability to welcome people or not welcome people when they come.'

. Harper noted Canada is a land of refuge, but when hundreds of people come

Request

Leeann King, a member of the Immigration and Refugee Board, denied a request from members of the Canadian Tamil Congress to also be allowed at hearings.

Lawyer's argument Lawyers for the migrants and for the Canada Border Services Agency had argued the hearings should remain closed to protect the identities of the refugee claimants. King says identifying details such as the person's name cannot be reported.

to the country outside the proper channels, it leads to significant security concerns.

"I think Canadians are pretty concerned when a whole boat of people comes, not through any normal application process, not through any normal arrival channel, and just simply lands and obviously this leads to significant security concerns."

THE CANADIAN PRESS



Iraq bomber kills 61

A suicide bomber sat for hours yesterday among hundreds of army recruits before detonating nail-packed explosives strapped to his body, killing 61 and wounding 125. The bombing cast new doubt on the ability of Iraqi forces as U.S. troops plan to head home soon. Desperate for jobs, dazed survivors rushed to get back in line after the attack.

Que. court acquits hockey legend

Quebec's highest court has acquitted hockey legend Guy Lafleur, saying there was reasonable doubt he ever intended to mislead anyone when he testified at his son's bail

hearing. Lafleur was convicted in May 2009 of giving conflicting testimony. A month later, he was handed a suspended sentence and a \$100 fine and ordered to donate \$10,000 to a youth rehab centre.

But the Quebec Court of Appeal ruled yesterday the trial judge erred when he decided Lafleur knew his son Mark was supposed to remain at his parents' home when he was away from the rehabilitation centre where he resided.

The appeals court justices found nothing in the record indicating Mark Lafleur was under such conditions or that his father knew about them.

Mark Lafleur, who is now in his mid-20s, pleaded guilty in February 2009



"I'm sure it's an extreme relief for him (Guy Lafleur, pictured)."

LOUIS BELLEAU, GUY LAFLEUR'S I.AWYER

to several charges including uttering death threats, forcible confinement and assault. He was given a 15month conditional sentence.

Lafleur, a Hockey Hall of Famer who led the Mon-treal Canadiens to five Stanley Cups, has filed a \$3.5-million civil lawsuit against the Montreal police and the Crown over the arrest warrant used to detain him in early 2008.

THE CANADIAN PRESS

McGuinty to shuffle cabinet

Premier Dalton McGuinty is set to shuffle his cabinet today, putting in place the team he wants to lead the Liberals into next year's provincial election.

It's been a rough summer for the Liberal government, which had to retreat on highly unpopular eco fees slapped on products the same day as the equally unpopular harmonized sales tax kicked in.

There was a damaging ombudsman's report about the Liberals' much-ma-ligned local health networks, and wide-spread criticism of a so-called secret law regarding police powers during the G20 summit.

So it's no surprise McGuinty wants to shake

up the cabinet, and perhaps bring in some new faces.

Former Ottawa mayor Bob Chiarelli and former Winnipeg mayor Glenn Murray and both won byelections for the government earlier this year and are widely considered contenders for cabinet.

Environment Minister John Gerretsen could be forced to take a bullet over the eco fees fiasco, with one source suggesting John Wilkinson could move over from Revenue after successfully handling the HST.

There's been no word vet on other changes McGuinty may be planning in the cabinet, but his office has confirmed "there will be some changes announced" today. THE CANADIAN PRESS

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News in brief

Accused in freezer death a 'monster,' lawyer says

CALIFORNIA. A man who acknowledged keeping his daughter's body in a freezer is a "monster" and should be found guilty of first-degree murder, prosecutors said yesterday during closing arguments at the trial.

Clarence Butterfield is charged with murder, torture, mayhem and assault. Prosecutors allege Butterfield hogtied his daughter and shot her seven times in the leg, foot, knee and side of her head, then stuffed her in a freezer where she suffocated.

THE ASSOCIATED PRESS

Mother charged in murder

A South Carolina mother who claimed her children drowned when their car careened into a river was charged with murder yesterday after authorities said she confessed to suffocating the two toddlers to be free of them and then

faking the accident.

Shaquan Duley, 29, told investigators she was distraught about money troubles and unemployment, said Orangeburg County Sheriff Larry Williams. He said Duley told them she killed the boys — two-year-old Devean C. Duley and 18-month-old Ja'van T. Duley — with her hands after arguing with her own mother about how she was raising the children.

THE ASSOCIATED PRESS

Student sues over banned yearbook photo

• Policy prohibits women from wearing tuxedos in senior pictures 2nd Mississippi teen to sue for discrimination

Another teenage lesbian is suing a rural Mississippi school district, this time over a policy banning young women from wearing tuxedos in senior yearbook portraits.

Yesterday, the American Civil Liberties Union filed a federal lawsuit for Sturgis, claiming district discriminated against her on the basis of sex and gender stereotypes. Her photo and name were kept out of her senior yearbook.

The ACLU first contacted the district in October 2009 about the issue, but officials said they would



adhere to a school policy. By the time Wesson Attendance Center yearbooks were released this spring, school officials had made

clear Sturgis's photo in a tuxedo wouldn't be included. But Sturgis was surprised to see even her name was left out of the senior section.

"I guess in the back of my mind I knew that was going to happen, but I did have a little hope. I cried. I put my head down and put my hand over my face," Sturgis said yesterday.

Mississippi Another school district student found national attention in her fight to wear a tuxedo and take a same-sex date to prom.



Sun down means chow down

Afghan army soldiers smile while holding bowls as they rush to get their first meal of the day after a day of Ramadan fasting, at sunset inside Forward Operating Base Howz-E-Madad in Zhari district, Kandahar province, southern Afghanistan, yesterday.

Kayaks: A good snack for sharks?

A man says he survived an uncomfortably close encounter with a great white shark off the Northern California coast that left 45-centimetre bite marks on his kayak.

He says the shark bit through the paddle leash before swimming away. THE ASSOCIATED PRESS

Claims for to overseer BP plans to stop

processing claims from people and businesses hurt by the Gulf oil spill as it prepares to transfer that role to a governmentappointed administrator.

The Gulf Coast Claims Facility will take over the

THE ASSOCIATED PRESS

9-11 plotter BP directed on CIA tape: **Official**

The CIA has tapes of 9-11 plotter Ramzi Binalshibh being interrogated in a secret overseas prison, officials said.

A Justice Department prosecutor is probing why the tapes were never disclosed. The government told a judge they did not exist. THE ASSOCIATED PRESS



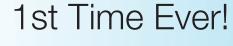


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Healthy millions ... for the kids

Montreal's Sainte-Justine children's hospital is getting \$995 million to modernize and build new facilities, CBC News Online reports. Quebec Premier Jean Charest said yesterday the money will fund two new buildings, containing specialized units and a research centre. The Sainte-Justine University Hospital Centre is the largest mother-child centre in Canada.

Xbox 360 plays a phone game

Microsoft will use its unique expertise to power Windows Phone 7 line • Target is Apple's iPhone

Microsoft Corp. is bringing its video-game expertise to the forthcoming Windows

Phone 7 line.
It's Microsoft's attempt to capitalize on the success of the Xbox 360 as the software maker tries to compete with Apple Inc.'s iPhone.

Microsoft says a dedicated group inside Microsoft Game Studios will develop video games for Windows phones, help outside game publishers and scout out small, independent game makers

Video game companies will be able to use the

same tools to make a game for a Windows phone or for the Xbox 360 console.

Microsoft is linking the Windows phone games hub to its Xbox Live service, which about 25 million Xbox and PC gamers already use to check out new games, keep track of scores and send messages to fellow players.

On Windows phones, Xbox live members will be able to do those things, plus interact with their animated game-world avatar - a cartoon character customized to look like them. THE ASSOCIATED PRESS

The game plan

Microsoft is also announcing a preliminary lineup of games that will be available when the phones go on sale.

- Lineup includes popular Xbox 360 console games such as Halo Waypoint, Crackdown 2: Project Sunburst and Guitar Hero 5.
- Other newcomers include Ilomilo, in which players try to unite cartoon critters separated by tricky paths and mazes.

PotashCorp suitors get ultimatum

The Saskatchewan government says any company that might be interested in taking over fertilizer giant PotashCorp will have to keep its home in the province

BHP Billiton has put forward a \$38.6-billion US hostile takeover bid for PotashCorp, but PotashCorp rejected the

THE CANADIAN PRESS

Market moment DOLLAR GOLD

(96.81¢ US) \$1.228.30 US

(11.728.64)

Air Transat pilots vote for a strike

Air Transat pilots have voted 97 per cent in favour of strike if a collective agreement is not reached with management.

The pilots will be in a legal strike position at midnight on Oct. 1, the Air Line Pilots Association said

yesterday. The pilots have been in contract negotiations since January

THE CANADIAN PRESS

BIG IDEAS IN THE BIG SMOKE

Just sayin' PAUL **SULLIVAN**

I kinda miss Mel Lastman.

el wasn't afraid to think big. As mayor of Toronto, he called in the army to deal with a snowstorm. In Canada.

Before flying to Kenya to lobby for the 2008 Summer Olympics, he uttered this legendary quote: "What the hell do I want to go to a place like Mombasa? I'm sort of scared about going out there, but the wife is really nervous. I just see myself in a pot of boiling water with all these natives dancing

The games subsequently went

to Beijing. A guy like Mel is hard to replace. Fortunately, there must be something special in the city

water supply, because the former furniture mogul appears to have a successor.

Meet Giorgio Mammoliti, Toronto councillor and former

mayoralty candidate who is not afraid to be like Mel.

His platform included a casino, a lottery and a red light district, but amazingly that wasn't enough to nudge him out of last place in the polls, so he withdrew to focus on retaining his seat. He did promise to try again in

the future, though, so all is not

And his latest big idea is wor-

thy of Mel Lastman. If council gets behind it, he'll finally come first in the poles: We're talking about North America's largest flagpole, to be located in the

"The \$2.5-million

entity would

thrust 125 metres

tall into the

North York smoa

... topped with a

Canadian flag

the size of a

football field."

middle of the urban wilderness at Finch and the 400. If you've spent any time at all in Toronto, you've never been to Finch and the 400 unless you were hopelessly lost.

An odd target for urban renewal as there's nothing there to renew.

But all that will change, as Giorgio champions the.

um, erection of a pole that may not challenge the CN Tower for Toronto's largest phallic symbol, but will definitely own the phallic/patriotic showoff category. The \$2.5-million entity would thrust 125 metres tall into the North York smog, about the height of a 40-storey building, topped with a Canadian flag the

size of a football field.

The only other poles hoisted higher than Giorgio's dream petard are in the Middle East, the two tallest in Jordan, of all places, at 130 and 126 metres respectively.

This formidable flagpole will no doubt cement Toronto's status as a world-class city and give the folks in Jordan something to worry about, but the guy who stands tall, who isn't afraid to be measured, is Giorgio Mammoliti

Move over Mel! Finally, someone beats the Bad Boy at his own

Cartoon

Delivery is the message

OTTAWA. I am an 11-year resident of Bayshore. About a week ago I noticed one of the blue flyers for George Guirguis was within the flowers of my garden.

I picked it up as, sure-ly, it must have blown in-to my yard. Then I looked around and found that every yard had one of these flyers tossed in, littering around our community.

Then I realized was were also a flyer on each windshield of each car which, not surprisingly, would belong to the residents whose gardens had just been littered in.

The flyer claims that



you want to help to "respect and protect our natural spaces" and that "Ottawa is not just a place to live. It is a community that lives in my heart." How ironic that your rep resentatives, who I would hope also represent your interests, felt free to litter and trash our gardens and our community.
We do not need a can-

didate's trash to line our pathways and community as it did when the advertisement went blowing around in the wind.

I hope that all the candidates will in the future give greater thought to the way they promote themselves and how that promotion may affect their image.

MELANIE K. WHITE

Are you concerned about the new superbug? **Fmail** ottawaletters @metronews.ca

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Metro Minute at fitness boot camp

Spend some time working out while raising money to help fight cancer at the

same time. Stop by Parliament Hill at 6 p.m. and take part in a fitness boot camp to raise money for the CIBC Run for The Cure.

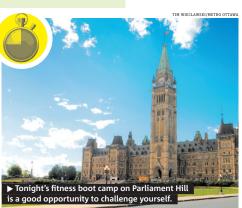
The fitness boot camp costs \$10 and all the money raised goes to the Canaďian Breast Cancer

Association. The class will be taught by a certified Boot Camp instructor.

Organizers are encouraging attendees to wear lots of pink and bring their own yoga mats, hand weights, towel and water.

Since this is a boot camp, it will go on rain or

METRO OTTAWA



scene

Quoted



"It is getting hard for people — they see Haiti, they see these other events ... and they get exhausted by the time another big one rolls around...mass death, mass displacement, and this situation is going to get worse"

ANGELINA JOLIE TALKING
ABOUT HOW ITS VITAL THAT
PEOPLE HELP PAKISTAN'S
FLOOD VICTIMS AND NOT
SURRENDER TO COMPASSION
PATIGUE.



Everyone says that the hardest thing to do once you make it is to not change who you are
 According to Ice Cube though, it's not the people who make it big that change but the people around them



Ice Cube alienated by his success



Ice Cube had no trouble relating to Kevin Carson, the young protagonist in Lottery Ticket — opening Friday — whose life turns upside down when he wins \$370 million US.

"The first thing they tell you is, 'Don't change!' What you realize is you don't change that much. It's just everybody around you," he says of his rise to "Who was cool with me before I made the money is going to be cool with me now" $_{\mbox{\tiny ICE CUBE}}$

fame 20 years ago as a rapper with NWA. "You find yourself kind of alienated. Everybody's talking about you before you get there, and you can feel it. It's just a whole different thing."

As a successful rapper, actor, producer, writer and director, he's seen incredible success, but he's also seen the downside of it,

and he cautions young artists from getting too obsessed with fame. "Everybody that wants to be successful should always be careful what you wish for," Cube says." A lot of artists and entertainers want to put the genie back in the bottle. They wish they could go back to being who they were."

But Cube himself has managed to maintain an even keel, with no desires to put that genie back. The trick, he insists, is to keep your wits about you — and to know who your friends are. "You've got to make adjustments," he says. "Who was cool with me before I made the money is going to be cool with me now. Who wasn't cool with me before I made this, I'm giving them problems all the time like I was before. You know, don't get nice on me now."

First-time directors

For Lottery Ticket, producer Ice Cube handed the reins over to first-time director Erik White, who'd made a name for himself in music videos. "We work with a lot of first-time directors. We always have, probably always will," Cube says. "We like the collaborative spirit of first-time directors. I think we do well with them."

For Cube, nurturing young artists is a major part of his company's philosophy. "There's a lot of gems in our community or in our world, he says. And he insists there were no worries about whether White could handle the pressure—and no power struggles, even though Cube was also on set as an actor for the film. ONED ENERGER

The Big C avoiding the big D

• Why a 'cancer comedy' isn't depressing or about dying and works

The Big C calls itself a "cancer comedy," seemingly an oxymoron of a label.

But this tale of how high school teacher Cathy Jamison (the fantastic Laura Linney) reacts to her diagnosis of stage 4 melanoma — mostly in humorous scenes of the uptight 42-year-old's emotional liberation, like ordering "just desserts and liquor" at a restaurant — is much more a contemplative celebration of how we each choose to live life.

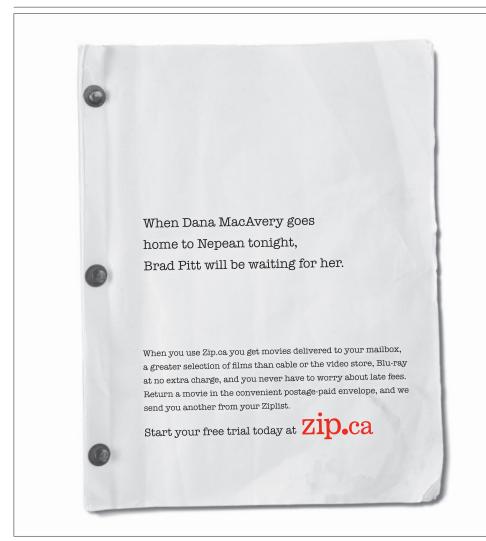
"When I created this show, I thought, who doesn't need to laugh more than someone who is dealing with cancer in any sort of way," says series executive producer Darlene Hunt. "But it's also a show about living and not dying. It's a show for everybody because we are all on borrowed time."

As for how Cathy chooses to spend the remainder of her days - including not initially telling anyone about her illness - Linney

says Cathy is "learning from the mistakes that she makes. She's learning from the actions that she does that are positive. And more than trying to have a bucket list, I think she's trying to figure out who she wants to be. What she wants to do is certainly part of it; there's a lot of fun stuff that she does do because when you're dying you're sort of liberated to do what you want to do. You give yourself permisWhile The Big C is about a woman with terminal cancer, her impend-

ing death isn't the focus.
"We don't think in terms of when are we going to kill (Cathy) because the show is much more about the exploration of what she's going to be doing while she's alive," says executive producer Jenny Bicks. "But if it comes time that she goes, she goes. We are not going to be afraid of that.'

METRO NEWS SERVICES





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Wife goes from 'Good' to Sexy in Season Two

CBS series gets downright racy, says Margulies

Things will be getting a little steamy on the new season of The Good Wife.

Before giving a tour of the Brooklyn set for CBS' hit drama on Monday, CBS showed reporters clips of a scene for the second season debut that depicted the estranged couple played by Julianna Mar-gulies and Chris Noth getting intimate.

Noth plays disgraced Chicago politician Peter Florrick, who gets turned on by seeing his wife Alicia

work forcefully as a lawyer in the courtroom for the first time. He comes on to her in the bathroom of their apartment that night and she resists. But before the scene fades out, it's clear that the couple is about to get intimate.

"There's definitely new playing field," M Margulies told reporters.

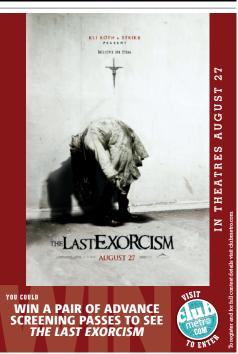
Margulies said it becomes clear in the characters' relationship that they work the same way and it's a turn-on for both of them.

It's not clear how much of the scene will be shown during the Sept. 28 premiere. The clip still hasn't gone through the CBS standards department, network spokeswoman Lana

The show, itself inspired by real-life episodes of philandering politicians and their wives, will continue to be inspired by the headlines this season. The BP oil spill becomes part of one story, Margulies said. THE ASSOCIATED PRESS







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Badu gets fine, probation for video striptease

Singer reportedly paid \$500 US to the city of Dallas for baring all at JFK assassination site

A city spokesman says singer Erykah Badu has paid a \$500 US fine and will serve six months of probation for stripping during a music video shoot at Dealey Plaza in Dallas, where President John F. Kennedy was fatally shot in 1963.

Badu performed a walking striptease March 13 for her Window Seat music video. The video ends with a nude Badu falling to the ground as if she has been shot. Police in April cited her for disorderly conduct after a witness made a sworn complaint. A number of children were among the tourists and other random passers-by seen on the video.

Dallas city spokesman Frank Librio says Badu paid the fine Friday, and there was no word on details of her probation.

A spokeswoman for the singer did not immediately comment.

THE ASSOCIATED PRESS



Talking points

Eat, Pray, Fight

THEN REPORT TO THE **ENQUIRER.** Julia Roberts is reportedly hooked on Hinduism after filming Eat Pray Love in India, telling Elle magazine that her entire family goes to temple to chant and pray and celebrate. I'm definitely a practicing Hindu." But husband Danny Moder is said to be furious about it, sources tell the National Enquirer. Moder isn't thrilled about Roberts raising their three children according to the Eastern religion, even going so far as to give them Hindu names. The disagreement reportedly came to a head in a heated argument at their Malibu home earlier this month. METRO WORLD

Celebrity tweets



Wilmer Valderrama [@Willy-Ville]

11

Today, something special will happen!.. I can feel it..



Katy Perry [@katyperry] | just

played in what felt like a steam room in latex. I can't believe I didn't full faint... summers in Tokyo are HOOOOT!



Nathan Fillion [@Nathan-Fillion] Ever

eat a bowl of cereal and you are so tired you think, "Was that milk bad?"



Marcia Cross [@Really-Marcia] In

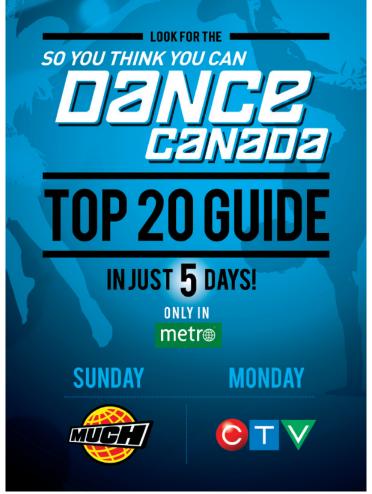
minutes of Peter Pan, Tinkerbell looks in a mirror and thinks she is fat!!!! I was blown away. We have

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life

Side Trips

If you're planning a vacation in Yellowstone, consider side trips to a trio of unusual destinations in Wyoming on your way.

CODY

This town was founded by Bill Cody, also known as Buffalo Bill, in 1896. Yellowstone's east entrance is just 84 kilometres away, but it's worth spending a day or so here, rather than just using the town as a jumping-off point for the park



DEVILS TOWER

This natural stone for mation located in northeast Wyoming. It's an awesome sight, rising 264 metres from its base or 386 metres above the Belle Fourche River.

THERMOPOLIS

On a rocky hill overlooking this quiet town of 3,000 is a hand-painted sign: "World's largest hot springs," with an ar row. These springs gush millions of litres of mineral water a day at a temperature of 57 C.



• The world's first national park offers a great chance to see animals, such as wolves elk, eagles and bison in their own habitats • Grab your binoculars and cameras as you will see sights like nowhere else in the world



Yellowstone's natural An out-of-this world Wonders

never cease to amaze

It's been a summer of headlines for Yellowstone, though the news has not all been good: Three people were mauled (one fatally) by a grizzly at a camp-ground near the park, authorities briefly staged a manhunt for fugitives in the area, and a buffalo charged a tourist earlier in the summer, flipping her.

But there has also been a major piece of good news, which has underscored the very reason for the park's existence: There were more visitors to Yellowstone in July — 957,000 — than in

any month in its history.

The recession has undoubtedly contributed to vacationers choosing the park as a destination; attendance records were set last summer too. But the high numbers of visitors are also a testament to the park's enduring appeal. And it's not just Old Faithful that keeps people coming back,



generation after generation. In addition to being home to 75 per cent of the earth's geysers, Yellowstone is also a wonderful place to view wildlife. With mating season for buffalo taking place in August, followed by mating season for elk in September, late summer is an ideal time for a trip.

For some wolf-watching is a prime objective of our visit to Yellowstone. But there are no guarantees that you will see the elusive animals. There are only about 100 wolves living in the park's 9,065 square kilometres, according to park spokesman Al Nash. They're small, they blend in to the landscape, they can quickly change position, and they will not go near people.

In contrast, bison were easy to find. They're slowmoving, they don't mind congregating near busy

Trip tips

The park borders on Wyoming, Idaho and Montana, with five entrances and a series of interior loop roads providing easy access to major features like Old Faithful, Lamar Valley, Yellowstone Lake, the Grand Canyon and Norris Geyser Basin. Check the website for road closures and other advisories. Admission is \$25 per car. nps.gov/yell/

roadways and other touristheavy areas, and they're so big they can be spotted from a long distance.

But if you do your home-work you will learn that there are two easily accessible areas of the park known for wolf-watching: Lamar Valley and Hayden Valley. "They have been severywhere," said Nash. seen

THE ASSOCIATED PRESS

experience

While wildlife-watching was our No. 1 reason for visiting Yellowstone, the park's other-worldly landscapes turned out to be just as fascinating. Yellowstone has about 300 geysers and 10,000 hot springs, bubbling mud pots and steam vents, constituting more thermal features than are found anywhere else in the world.

A hike through the Norris Geyser Basin was a great introduction to this landscape. It felt like a walk on another planet, or a set for a movie about a prehistoric era. White steam rose over the dark green pine trees, and the ground was potholed with bubbling cauldrons and boiling foun-

Naturally you must be cautious around the geysers — the scalding water can burn or even kill you. Geyser eruptions can vary from every few minutes to every few days to once every 50 years, and part of what made the walk through Norris Basin so spooky was the unpredictability.

Of course a visit to Old Faithful is mandatory. It erupts to a height of more than 30 metres every 66 to 80 minutes, although occasionally the wait stretches to two hours..

THE ASSOCIATED PRESS

Springsteen's Asbury Park

Fans of The Boss flock to New Jersey seaside community Nany local sites referenced in his songs

Greetings from Asbury

If you're a Bruce Springsteen fan, do we have a trip for you.

Even if your reaction to that famous salutation is "Hey!" or "Huh?" the folks in Asbury Park will be equally happy to meet

This friendly seaside mmunity, indelibly community, indelibly linked to Springsteen's 1973 debut album, Greetings From Asbury Park, N.J. has plenty to offer whether you're among the fans making pilgrimages or just want to have fun, relax and enjoy the beach.

Just ask Jorunn Elnes of Rjukan, Norway — or the E Street Band's Clarence Clemons.

"It's the most beautiful beach and the most beautiful boardwalk," Clemons said in a recent AP inter-

He has the wholehearted agreement of Elnes, who took time off from her banking job to visit Asbury Park three times in the span of a year.

Jersey Shore author-historian Stan Goldstein says the boardwalk is the "best it's been in more than 30

Goldstein remembers the giant Exxon sign that brought this fair city light the now-razed Flamingo motel, whose name may have inspired the fictitious Flamingo Lane of Springsteen's song Jungleland.

Clemons fondly recalls a carousel with handcrafted horses, and driving around an informal route known as "the circuit," referred to in Springsteen's Night and 4th of July, Asbury Park.

That was before Asbury

Park became a city of ru-

riots in 1970 "sucked all the life right out of Asbury Park," says Clemons. Its swan song was really, really sad.'

"For at least 20 years, it was a ghost town," says Goldstein.

The city has undergone a recent renaissance. Upscale development has snowballed. Goldstein says it's now like a familyfriendly version of Miami's South Beach.

"It's all coming back now; that's exciting," says Clemons, though he impishly denounces the city's recent rejection of a topless beach proposal.

The pristine sand, trendy but relaxed bars and cafes, the Silverball pinball museum (1000 Ocean Ave.), and an adorable boardwalk water park for kids are hallmarks of the resurrection.

Elnes, who came to the U.S. to see parts of a Springsteen tour and the Light of Day benefit in Asbury Park, also loved the city's "small, nice shops," and she enjoyed "a very, very good hamburger at a restaurant near the Paramount Theatre," one of the boardwalk's stately anchors. (The Light of Day concerts, which Spring-steen has performed in, raise money for Parkinson's disease research.)

But the city's role as a musical epicentre runs deeper than Bruce.

"Ît's like Liverpool," says Clemons. "Everybody went for the music. All the young musicians seemed to gravitate to Asbury

There were a lot of major acts as far back as the 1960s: the Rolling Stones, Janis Joplin, Jimi Hendrix,

> mentioned in Springsteen lyrics, is gone but not forgotten. Located at Kingsley Street, between Lake and Cookman avenues, its green exterior bore the words "Skooter" and "Tun-

Tourists also flock about mar, posing for photos at a worn, white cement street marker for "E St." Sancious, the original keyboard player lived in the neighbourhood when the E Street Band got its



treasure those times," says Goldstein. But "Asbury Park is a living history. There are more chapters to be written."

Jim Morrison and the

Springsteen recently appeared at the Stone Pony (913 Ocean Ave.) with Alejandro Escovedo. The Paramount and Convention Hall (both at 1300 Ocean Ave.) are also thriving.

Some clubs are a dis-

tant memory (albeit with

photo ops).
The now-vacant Fast-Lane (207 Fourth Ave.) incubated an impressive array of talent around the late '70s and early '80s.

The fledgling U2 appeared at the FastLane; Springsteen met the Ramones there.

One night in 1980, just a few dozen people were there when a cover band, Atlantic City Expressway, started playing "Promised Land." Suddenly, "Bruce jumps onstage," recalls Goldstein.

The band's frontman: high-school senior Jon Bon Jovi.

The former Upstage Club (702 Cookman Ave.) is now in the hands of a music lover who wants to bring it to life again. Memorabilia is shrine-like, over its storefront glass. The oasis nurtured long-haired, a scrawny young Springas well steen

Streeters Steven Van Zandt, Danny Federici, Vini Lopez, David Sancious and Garry Tallent.

The former Student Prince (911 Kingsley St.) recently reopened as a gay bar named Swell. Clemons' book, "Big

Man," recounts how he dropped by the Student Prince during a break from his appearance at the old Wonder Bar. As he strode in and asked to play with Springsteen for the very first time, a nor'easter blew the door

"Something called me down there," he recalled

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in the interview. "I was looking for what I now know was Bruce."

There's a song, historical or photographic tie-in at every turn.

For total immersion, make an appointment to see the public library's Springsteen Special Collection. It contains "more stuff on myself and the band than every place except my mother's base-ment," Springsteen once

A Virginia license plate spotted along Ocean Avenue summed up the scene (and its cottage industry): "BRUUUCE!"

The aura permeates "every corner of the town: walking down Kingsley, the casino, the Stone Pony, Madam Marie's, the Convention Hall," Elnes. "Wow!"

Springsteen, with and without E Street, has performed many times at the Convention Hall and its smaller sibling, the Paramount

The theatres - connected by a charming, indoor retail and restaurant promenade — are just steps from the cute shack where a relative of the late Madam Marie holds court. THE ASSOCIATED PRESS



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Bruce's haunts



amusement park

10 kilometres south to Bel-

Pedalling through Ireland

New National Cycle Network trail offers great views • The Emerald Isle shines when you take your time

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"The trail opened just last week," said Seosamh O'Dalaigh, as we snacked on coffee and scones at his gallery and art school in Dooega, on the road to Achill Island, Ireland.

"It runs from Mallaran-

ny to Newport, and it's

paved all the way."

Just another great reason to tour Achill Island, County Mayo. This large (19-by-22 kilo-

metre), lonely island, anchored to the Corraum Peninsula by the striking new Achill Sound Bridge, rated just one sentence in Fodor's Ireland 2006 guidebook. But that implies safe

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and enjoyable cycle touring, well off the beaten tourist path.

Cycling west from Mallaranny, a forest-canopied road opens to the immense vista of Blacksod Bay, a multi-fingered blue carpet encircled by the beaches and bogs of Corraum and the rugged Nephin Beg range. Roadside stone fences

are enveloped in immense displays of golden-yellow Irish gorse and monstrous mounds of purple rhododendrons.

Achill Island rewards

those willing to explore its northwestern reaches with its grandest mountains, Croaghaun (668 metres) and Slievemore (672 metres), most rugged cliffs, and spectacular blue flag beaches (Keem and Keel).

Keel Bay and, across it, the ominous Minaun Cliffs are barely visible through the fog and mist. Two



hours later, sunshine appeared, the mist lifted, and we had our first glimpse of the wild beauty of Achill.

A short peďal west, not an inch of it flat, is Keem Strand, a beach tucked into a tiny bay sheltered by Moyteoge Head, and as

pristine as any in the . Caribbean.

Cycling northeast from Keel, western Ireland's history can't be tragic avoided. More than 80 abandoned stone cottages and "booley" homes (used by those who watched over

grazing cattle and sheep during summer) stretch along a gravel track clinging to Slievemore Moun-

Famine and terrible economic hardship forced family relocation decades ago. The canadian press

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Miami South Beach, Air + 3 Nights + taxes & fees \$116 INCLUDES boutique central accom. BONUS continental breakfast, I hr of free drinks, internet, beach chair & towel included. Departs Oct 21/ggv/dl.

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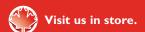
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Motorcycling in the Maritimes

◆ Hilly landscapes, winding turns result in great views on a two-wheeled trip ◆ Take a break and see the unique small-town culture along the way

Riding around North America three decades ago on a motorcycle might have resulted in hostility that might resemble the 1969 movie Easy Rider, where the bikers were physically attacked by locals, but things have changed since then.

As the years have passed and the number of two-wheeled travellers has blossomed into a new market, there's a new attitude out there toward two-wheeled tourers.

In Nova Scotia's Cape Breton Island, official tourism offices and vendors themselves couldn't be more accommodating.

At provincial welcome centres in Nova Scotia and New Brunswick, counter assistants do more than trace the way to destinations on a map. Using their computers, they provide a P.E.I.

Leaving Prince Edward Island by the famed, 13kilometre Confederation Bridge, a breathtaking venture in its own right. The bridge connects P.E.I.

list of local bed-andbreakfasts or other lodging places, track the prices and number of vacancies. They gladly make phone calls to the innkeepers on our behalf, and then let you book your rooms on the spot.

All while were wearing leather riding gear.

Innkeepers are glad to see the motorcycle business, said Monika Frick, owner of a bed-andbreakfast in the charming St. Andrews, where sevenmetre Bay of Fundy tides ebb and flow against New Brunswick's shore. Thouand New Brunswick. A tip to travellers: There's no fare entering the island, you pay when you leave. So skip the \$40-permotorcycle charge on the ferry and paid \$17.50 to leave.

sands of bikers converged on the town for this summer's Atlanticade motorcycle festival, filling virtually every room around and sending many to outlying towns

towns.
"I liked it a lot," said Frick, a former rider herself. "My B&B is always open to bikers and I always take my car out of the carport for bikers."

There's really no comparison between riding in a car and on two wheels, especially on roads the Maritimes offer. On a motorcycle, you're not in a metal box just passing through, but rather part of the outdoor scene, where the sights have a more panoramic impact and sounds clearer and smells cleaner. As for the feeling of wind flying through your hair, forget it. laws require helmet use.

In Nova Scotia, Cape Breton's celebrated Cabot Trail, 300 kilometres of spectacular ocean and highland vistas, has long been a major draw for serious motorcyclists. The winding road cuts through forested mountainsides, hugs seaside cliffs and overlooks deep river gorges, offering riders one breathtaking view after another. There are plenty of scenic pull-over spots along the way.

Within reach of the highlands national park, the names provide a Scot-



tish allure of their own: Inverness, Dunvegan, Ingonish to name a few.

nish to name a rew.
All over the island,
they've seen a bike or two.
As if to prove the point,
provincial tourism officials
provide a motorcycle tour
guide booklet filled with information about events,
vendors and suggested
tours. And not all of them
lead to scenic fishing villages, art fairs, beaches and
museums

One offbeat offering suggests a visit to the Charles MacDonald Concrete House Museum in Centreville, known as "the concrete house with the deer statues." On a more serious and cultural note, you can

take in a performance of bagpipes, snare drums and traditional Scottish dances College of Piping and Celtic Performing Arts of Canada in P.E.I.'s delightful harbour-side town of Summerside

The Maritime provinces are full of loops and byways off the main routes that may take a little longer, but offer a closer-up view of the passing farms, harbours and small villages that compose the fabric of the place. The ASSOCIATED PRESS



Check out Nova Scotia's guide, at motorcycletourguidens. com



Throw a last-minute summer soiree

Take advantage of the last days of the season with these suggestions • Along with your

Hosting a last-minute gathering is a breeze with the help of party planning professionals Michelle Hunt and Laura Panter, co-owners of The Martini Club. "Summer entertaining is often planned at the last minute," says Panter. "It should be easy and re-laxed," adds Hunt. "All you really need is simple food, good company and deli-cious cocktails." Here's their guide to preparing a great party in just a few

Food

• Grab a platter and arrange a few different types of cheese with fresh fruit and nuts. Serve with a fresh baguette for a beautifully presented treat.

Drinks

• Set up a self-serve bar encourage your guests to try their hand at making their own cocktails (Make sure you have several measured shot glasses available for mixing drinks accurately.)

- favourite spirits, such as vodka, gin, rum, tequila and whisky, be sure to have a liqueur handy that helps mix up fantastic cocktails. A bottle of Cointreau can be used to make the perfect margarita, sidecar or Cosmopolitan, just to name a few.
- Always have chilled ice water on hand and add some flair by filling pitchers with any combination of lemon, lime or orange slices for colour and flavour.

Decor/Lighting

- Keep it simple and elegant. You don't want to spend all day setting up the focus is having fun with friends.
- If your patio furniture is limited bring some of indoors out. Thick cushions and blankets can be used for extra seating.

That's it — you're done. Now, pour yourself a cocktail, relax and wait for your guests to arrive. NEWS CANADA

Make it easy

Follow the golden rules for stress-free summer entertaining

- Stick to staple dishes that are simple and easy to make
- Create a welcome cocktail: Chill sparkling wine and serve it spiked with a dash of Cointreau, for a refreshing, citrus-flavoured twist. Pick up flowers or fill a glass vase with some fresh fruit to add a pop of colour

to the table.

How about

Planning a summer gathering? Why not go easy on yourself and organize a brunch?

Brunch parties offer the overworked host an opportunity to throw a great with minimal effort. Unlike a dinner par-

ty, you won't have to spend all day prep-

Brunch is a simple and quick meal to prepare and is sure to impress your guests.

For food, large portions are out and selfserve is in. Fruit salad yogurt parfaits can be made the night before, saving you time in the morning.

Other foods like tiny sandwiches, fresh veggies and cheese trays can be made in less than an hour before your guests arrive.

Instead of the usual mimosa, try some-thing light, refreshing and low in sugar for your guests, like a delicious Cointreau Bubbles.

Keep the atmos-phere casual — no evening dresses here.

Your guests will be relieved to lose the heels and ties and slip on summer dresses and sandals.

In keeping with your summery theme, play some beachy tunes and grab some seashells for decoration.

And the best part is all your guests will be gone just in time for vou to take that welldeserved afternoon nap.

NEWS CANADA

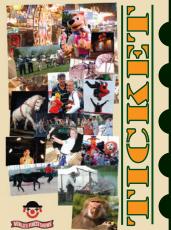


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Camping creates strong family bonds

Whether pitching a tent in the backyard or sleeping under the stars in a provincial park, camping is a way for busy families to reconnect and build strong relationships.

In an age when family dinners are nearly extinct and work, school and other activities limit family time, why not carve out an opportunity to reconnect with your family before summer winds up?

"A camping trip is a great opportunity to connect as a family without the distractions of television, computers, electronic games or cell phones," says Dr. Karyn Gordon, a family therapist and generation Y expert.

"Camping creates the ideal environment to be still, calm and emotionally present, leading to meaningful family conversa-

"A camping trip is a great opportunity to connect as a family without ... distractions"

DR. KARYN GORDON



tions and strong bonding."

Dr. Gordon shares her top three reasons why families should consider a camping adventure this summer:

• Camping creates lifelong family memories, experiences and lessons, giving family members special moments and stories to share for years to come.

• Camping helps devel-

op confidence in kids by teaching new skills and encouraging everyone to work as a team — from setting up the tent to making a campfire to cooking on a Coleman stove.

 Camping encourages families to get active and enjoy nature via physical activities such as swimming, hiking and canoeing.

NEWS CANADA

Don't forget the gear

Since it's not often that families get a chance to relax and spend quality time together, it's essential to have the proper gear to enjoying the outdoors together.

 A large, family-sized tent, like Coleman's Phoenix 10 tent, features three separate rooms offering privacy for parents and teenage kids.

• Coleman's rugged rechargeable lantern makes it possible for family card games to continue once the sun has set.

Its night light setting offers comfort to small children who are sleeping outdoors

for the first time.

• Don't depend only on the campfire for cooking meals. The innovative All-in-One Trio cooking system from Coleman features a stove top, grill grate and griddle.

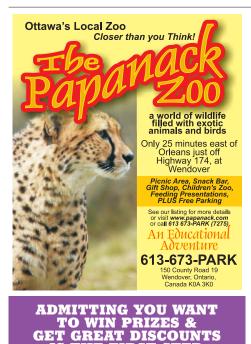
Don't forget fun. The four piece beach set from Sevylor, complete with an inflatable mattress and other water accessories, encourages

Discover Our New FAMILY PACKAGES

active play by the lake.

NEWS CANADA





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Exciting avocado ideas

▶ It appears that guacamole, a zesty dip made of avocados, may be a little passé now that chefs have found other ways to use this buttery fruit ▶ Including desserts!

Here is a decadent cake to try at home that incorporates fresh avocados.

Chocolate Pistachio Cake

- 170 (6 oz) pistachios, shelled
- 250 ml (1 cup) sugar, divided
- 190 g (7 oz) bittersweet chocolate, finely chopped in food processor
- 170 (6 oz) unsalted butter, cut into 2.5-cm (1inch) pieces
- 15 ml (1 tbsp) flour
- 4 eggs, separated2 ripe fresh avocados,
- peeled, seeded and diced • 5 ml (1 tsp) vanilla extract
- 0.5 ml (1/8 tsp) cream of tartar
- Powdered sugar

• Creme Anglaise

Method

- Preheat oven to 150 C (300 F). On a baking sheet, arrange pistachios and place in oven for about 15 minutes to toast nuts until they are dry and aromatic. Stir pistachios occasionally; let cool. Grind nuts in food processor with 50 ml (1/4 cup) sugar and the flour, pulsing on/off, until the consistency of fine meal.
- Increase heat to 180 C (350 F). Butter a 20-cm (8-inch) springform pan, line with parchment paper, then turn paper over.
- In a microwave-safe bowl, combine chocolate and butter and microwave



on medium power for 2 1/2 minutes. Stir until smooth.

• In the bowl of an electric mixer on medium speed, beat egg yolks with the whisk attachment. Gradually add 125 ml (1/2 cup) of the sugar and continue beating until yolks are thick. Add avocados, increase speed and beat until smooth. Reduce speed to low and gradually stir in vanilla, chocolate and nut mixtures.

• In a medium bowl, beat egg whites with cream of tartar on medium speed until peaks form. Add 50 ml (1/4 cup) sugar, 15 ml (1 tbsp) at a time, and continue beating until stiff. Fold beaten whites into yolk mixture (yolk mixture will be very thick). Fold yolk mixture back into remaining whites. Pour into pan. Tap pan on work surface and smooth top with a spatula to level.

Bake for about 40 minutes or until a toothpick comes out almost clean. Allow

cake to cool in pan.
• Remove sides of springform pan and, using a long spatula, slide the cake off the paper onto the serving plate. Ladle Creme Anglaise into the centre of each dessert plate, place a wedge of cake in the centre of the plate and serve immediately.

THE ASSOCIATED PRESS

Health facts

Avocados are high in vitamins and minerals and good source of healthy fat. Here are some nutritional facts on avocados:

- One-fifth of a medium 30g (1-oz) avocado has 50 calories and contributes nearly 20 vitamins and minerals.
- Avocados contain good fats, providing 3 g monounsaturated fat and 0.5 g polyunsaturated fat per 30-g (1-oz) serving.
- They act as a "nutrient booster" by enabling the body to absorb more fatsoluble nutrients, such as alpha- and beta-carotene as well as lutein, from foods that are eaten with the fruit.
- Lutein has been shown to be concentrated in the macula of the eye, and research suggests that it might help maintain healthy eyesight as we age.

VOLUNTEERS NEEDED FOR DEPRESSION RESEARCH

Psychiatrists at the Ottawa Psychopharmacology Clinic are currently conducting a research study of an investigational medication for depression. The purpose of the study is to further our knowledge about the possible treatment of depression. Study duration is initially 12 weeks with possible continuation of up to 24 weeks in total. Included are a physical exam, blood tests and a psychiatric interview. All information provided will be treated in strictest confidence. To volunteer, you must be 18-65 years of age, not currently in psychiatric treatment (unless you are being referred by your treating doctor), have no drug or alcohol problems and be in generally good physical health.

YES NO I am feeling sad and depressed $\ \square$ I am having difficulty sleeping I am feeling low in energy and \Box slowed down My appetite has changed I am experiencing feelings of guilt I have lost interest in work and pleasurable activities I feel hopeless about the future I feel tense and anxious I am having difficulty making decisions I am having trouble concentrating



Ottawa Psychopharmacology Clinic Smyth Medical Centre

If you have answered YES to five or more of these statements and have felt poorly for the past month, you may be suffering from depression. To be evaluated for this program please call, any time (24 hours), leave your name and phone number on our confidential voice mail:

(613) 737-5454 ext. 225

All information is kept in strictest confidence. Research programs are reviewed by an ethics review board.

03-18-10



New approach to networking

Use who you know to help get ahead • The Power of Who aims to change how you network

We're told that getting a job isn't about what you know, but who you know. Networking is crucial when job hunting, or so we thought. But one man is challenging that belief, saying the only networking you need to do is with friends you already have.

Bob Beaudine, Presi-

dent and CEO of Eastman & Beaudine, and a top executive recruiter in sports and entertainment, discusses this new approach to networking in his book, The Power of Who: You Already Know Everyone You Need to Know.

"I wrote the book because I want to help, and to do that we first need to change the way we network," says Beaudine. "Networking is the greatest thing in the world, just not the way we do it."

The Power of Who is all about finding your "who" and using them to get to the next step.
Everyone has a "who":

List everyone you know, and then narrow the list down to those you consider friends.

Out of 5,265 people he knows, Beaudine only considers 87 part of his 'who.'

"Identify your who, decide what you want, and connect," he says. "Have your friends help you connect. This is already in place for us and doesn't cost anything."

Sounds too simple? It is. "Sometimes the most profound ideas are the simplest," says Beaudine.

"We've left all the people who know us, like us, and are rooting for us, and instead network with



people who don't know anything about us.'

When consulting your "who," know which ones

to ask for help, and be clear. Your friends can't help if you don't tell them what you want.

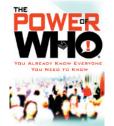
And in this tough job market, your "who" might be just what you needed. "How many peo-

your dream job?" Beaudine. "One. Reaudine that's hope." • METRO

Power tips

Beaudine's four tips for networking.

- 1. Do I know you? References, endorsements and testimonials are your greatest allies when applying for jobs. A recommendation from a friend reveals more about your character and work ethic than someone who barely knows you personally. such as a previous boss.
- 2. Do I like you? Can you really build a relationship with someone in a few minutes? If your



BOB BEAUDINE

interviewer has heard about you from a mutual friend, they'll feel like they know you better right away.

> 3. Can I trust that you un-

derstand my needs? Do your homework on the interviewer. Know what they need and prepare for answers that show you can fill their needs. A friend's recommendation can prove you're trustwor-

4. Are you the best for me in my particular situation? Show passion for the job and your work. People want to work with those they can become friends. If your interviewer knows a friend that describes your personality and love of your field, they'll be more comfortable hiring

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Back to school shopping can be a scavenger hunt

Descriptions of supplies provided by teachers can differ from those found at retailers

Like millions of other parents this time of year, I'm about to embark on the annual scavenger hunt known as back-to-school shopping.

I thought this dreadful ritual would get easier when my youngest son reached middle school, but in fact it merely multiplied from one nerve-racking list, to six - along with the number of teachers he has. I would be fine if these

lists were simple reminders of basic supplies pencils, pens, paper, notebooks. Sure, they need a few folders and a book bag, and as math gets more complicated, graph paper and a calculator. I can even understand index cards, Post-its and a yellow highlighter.

But how many times do you see parents wandering up and down the aisles of Staples or Walmart or Of-ficeMax searching for items that either don't exist or that have sold out in a frenzy as mothers of

crayon conundrum

Linda Kramer of of Gibbon. Minn., used to go nuts looking for the "box of eight crayons" ordered up by her children's preschool teacher. "It seems simple enough, but they're nearly impossible to find, and each year I find myself searching store after store,

every kid in Miss So-and-So's class fought for the last graph paper marble composition book, finepoint Flair pen or half-inch three-ring binder (no oneinchers allowed!) on Earth?

Diana Shackleford, a Dallas mom and freelance writer, also points out that stores and teachers' lists routinely "disagree on pen and pencil package counts. The list asks for a 12count, but pencils and pens come in 10-count package!"

The worst part of this retail insanity is that, at least with my son, half of never remembering from one year to the next where I was successful in finding them. When I finally find them, they cost something like \$2 for the tiny little box," she said. She finally realized she could buy a box of 24 crayons for less than \$1 and just send in the basic eight colours in a

this stuff never gets used. I have a drawer full of Postits in every conceivable colour and size, ordered up over the years by any number of teachers. The only hope I have of getting through the sticky little stacks is to leave myself notes on the fridge that say things like, "Have a nice day!'

Other school supplies simply vanish once they are in my home, only to be found years later. My older son recently graduated from high school and cleaned his room for the first time in I'd rather not

say how many years. Somewhere in that horrifying mess - on the floor, under the bed, in drawers and the closet - he was harbouring, I'm not kidding, hundreds upon hundreds of pens and pencils. I al-ways wondered how we went through so many of them every year, and now I know. Every time he needed a writing implement, he used it once, then apparently threw it into the landfill otherwise known as his room. Either that, or he's like those cat hoarders who have 37 felines in their homes, only he's hoarding Bic ballpoints

and No. 2 pencils.

I will admit that one aspect of back-to-school supply shopping is tougher for parents of younger kids than parents of teens. The little kids' teachers still want arts and craft-type supplies, and some of these can be pretty obscure

Michael, who works for a public relations and mar-

"For my kindergartner, I was asked to bring in coloured feathers, which I finally found at a craft store." HOLLY MICHAEL

keting agency, adds that "as a working mom, I don't always have time to run out and find these odd requests."

Another issue I have is with all the supplies or-dered up by teachers to keep my children organized. In September, I dutifully purchase whatever they require: The accor-dion file with alphabetical pockets! Double-pocket folders! Spiral-bound notebooks with one pocket inside the front cover!

But it makes no difference. At the end of the year, all of my children's school work is in a giant random stack of paper, organized neither by subject nor date. THE ASSOCIATED PRESS

Balance is key to homework

• Asking a parent for help can improve grades

A new school year is fast approaching and for many families, homework will once again become a nightly activity. Making homework a positive and productive experience is something that every parent aims for.

According to a recent survey conducted by Ipsos-Reid for Kumon Math and Reading Centres, if parents take the time to teach their child to proactively ask for homework support, it can help them improve academic performance and enjoy a more rewarding homework experience.

According to responses from more than 1,200 Canadian parents, more than half of the children who actively engage their parents in homework support perform at an average to above average level at

school. Also, children who engage their parents in the homework process enjoy more dynamic support. From monitoring homework progress (75 per cent) to discussing the assignment (75 per cent), these children turn what can be a source of stress into an interactive, two-way dialogue about learning.

Demonstrating an interest in your child's homework and offering support is not the same thing as completing assignments for your child. Here are some key tips on finding that balance, from Kumon Math and Reading Centres:

• Know the school's homework policy. Ask about the kinds of assignments students are expected to complete, the anticipated length of time it takes to complete assign-

Helpful tip

Check that your child's assignment is complete before it is submitted, and review the feedback provided by the teacher once it has been returned.

ments, and expectations for parent involvement.

- Establish a routine for homework completion. This means determining a regular time each day in a distraction-free environment with all of the tools and resources at hand.
- Reinforce good study habits at home. Help your child to structure his or her time before assignments are due. Discuss the steps that are required and map it out with respect to the amount of time it will take.



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sports

Quoted



"I don't think he ever cared about LeBron. My mother always told me: 'You will see the light of people when they hit adversity. You'll get a good sense of their character. Me and my familv have seen the character of that man."

LEBRON JAMES OF THE MIAMI HEAT, SPEAKING TO GO MAGAZINE ABOUT CLEVELAND CAVALIERS

Outside-the-box thinking on display

NHL exec Shanahan curious to see research and development camp

It promises to be the kind of scene a hockey nut can't help but marvel at.

With a series of revamped rules and an altered ice sheet that has just one faceoff dot in each zone, the NHL's research development camp will feature plenty of outside-the-box thinking.

It plays out over four sessions at the Toronto Maple Leafs practice facility today and tomorrow, with 33 toprated junior players being put through their paces by veteran coaches Ken Hitchcock and Dave King. The stands will be full of general managers and executives carefully watching everything unfold.

"Like most people, I'm curious," Brendan Shana-han, the NHL's vice-president of hockey and business affairs, said vesterday. "I'm curious to see a lot of these things play out. I know as a player, it would be fun to play with these new challenges and new rules and new ideas."

Shanahan was tasked with bringing the camp together — an assignment that came directly from

Changes coming?

The following are among the suggestions that will be looked at during the NHL's research and development camp.

- Having three faceoff dots. one in each zone, down the centre of the rink.
- Using a variation of the faceoff, where a whistle starts play rather than the traditional puck drop.
- Trying both no-touch icing and a hybrid icing rule, where referees can blow the play dead prior to the defending player touching the puck.
- Having the second referee located off the playing surface.
- Not allowing a team to change lines after it commits an offside.

NHL commissioner Gary Bettman.

It's the first major project he's undertaken since stepping into his job with league in December. However, it's not entirely new ground, because of the 'Shanahan Summit" he fa-

mously organized in De-

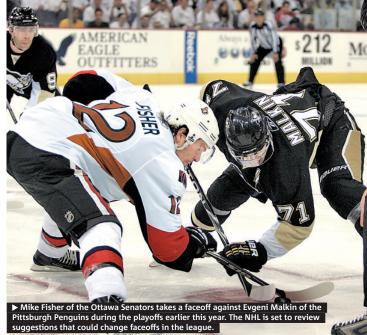
cember 2004. Many of the changes that opened up the game following the lockout had their roots in that gathering, when Shanahan footed

the bill for key stakeholders to gather in Toronto and discuss what needed to be done to fix a sport the veteran forward viewed as 'broken.

There's a completely dif-

ferent atmosphere around this event. The NHL's goal now is to be proactive and avoid letting the on-ice product slip again in the future.

THE CANADIAN PRESS



Top seed at Rogers Cup bows out early

Top seed Jelena Jankovic of Serbia did not make it out of her first match at the Rogers Cup, losing her second-round matchup with qualifier Iveta Benesova of the Czech Republic 7-6 (3).

6-3 on centre court last night at Uniprix Stadium.

Jankovic, the world's third-ranked player, has never won a tournament in Canada and that drought will continue at least an-

It was the biggest win of Benesova's 12-year pro career, her previous best being a victory over then No. 10 Vera Zvonareva of Russia in 2005 THE CANADIAN PRESS



Favre up to his old tricl

Brett Favre is back in the

building. The 40-year-old quarterback returned to Minnesota yesterday, arriving in a private jet trimmed in the Vikings' purple and gold with three teammates who were sent to Hattiesburg, Miss.,

bring him back for one more shot at a Super

Favre's website posted message earlier saying, "Stay tuned for breaking news from the Minnesota Vikings today on Brett Favre's possible return." THE ASSOCIATED PRESS





SX4 hatchback winner all the way

◆ Suzuki hatch a step up from the bland sedan version ◆ All-wheel drive, options galore make this 2010 model a great value for your money



With a few exceptions, I've always liked hatchbacks.

More practical than their compact and subcompact sedan siblings, these vehicles offer wagon/CUV practicality, but with better fuel economy and in a more svelte package.

Hatchbacks, in my mind, usually win on looks as well. Compare the Impreza sedan with the five-door version, the Corolla with the Matrix, and the Yaris sedan with the hatch. I prefer the latter in all cases — especially the Yaris.

So too with the 2010 Suzuki SX4 Hatchback.

A step up from the bland sedan, this funky little fivedoor, with its trucky lines, optional roof rails and pronounced wheel arches looks like a mini SUV.

And with optional 16and 17-inch alloy wheels pushed to the four corners, very short rear overhangs and relatively wide track, the SX4 has a firmly planted look.

That aside, there are plenty of reasons to consider Suzuki's SX4, not the least being its availability of all-wheel-drive.

Another reason is value. A reasonably well-equipped FWD base model (with sixspeed manual) begins at \$17,695

This gets you keyless en-

try; power windows and doors; air conditioning; four-speaker, satellite-ready AM/FM/CD/MP3/WMA

sound system; rear window wiper/washer; six airbags, ABS with brake assist and electronic brake-force distribution, and more.

This little hatch is no offroader, but for cottage roads or slippery conditions, a rocker switch between the front seats can toggle from 2WD (front drive) to Auto, which sends power to the

The specs

2010 SUZUKI SX4

- VEHICLE TYPE
 Compact five-door
- PRICE from \$17,695
 ENGINE 2.4-litre DOHC,
 16-valve four-cylinder (150 hp; 140 lb/ft of torque)
- FUEL ECONOMY 8.9/6.9 L/100 km (31/41 mpg) (city/highway)

rear when needed, or even Lock, which sends constant torque to both axles up to 60 km/h.



In brief



One of the largest solar power generation systems in Michigan will be built at Ford's assembly plant in Wayne, helping to power production of small cars and recharge electric vehicles.





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LONG MAY YOU RUN AND ALL THAT

I recently parted company with a car, a certain 1993 Mercedes-Benz 190 2.6. I didn't have this one all that long, about two and a half years. And as far as car relationships go, this wasn't one of the "big" ones in my life. But still ...

s I collected our things from the glove box, the trunk, and various cubby holes and cervices, and sat in the car for the last time, just before I was to hand over the keys to the new owner, I wasn't ready to start balling like a five-year

old, but I wasn't completely detached from the moment either.

A little pang in the stomach, a little regret that I would never roll down the highway again, with its M-B star hood emblem leading the way and my elbow out the window. I always seemed to drive that way, because the bottom of the window frame was at the right height — a perfect armrest — and because the air conditioning never worked, from day one.

Air conditioning was always a fair way down on its "need to get fixed" priority list and never had a real chance to move up. Keeping it in its place were other various recurring ailments, which got the better of me, and our bank account.

I always had a "thing" for these well-engineered "baby" Mercedes models — timeless styling, smooth and torque-laden inline six, Autobahnapproved handling.

And we shared some good times.

I once interviewed Dr. Werner Breitschwerdt, the chief designer of the car, former CEO of Mercedes-Benz, and current



inductee in the European Automotive Hall of Fame. After our talk he came out to the parking lot and game me a personal engineering tour of my own car.

Another highlight was getting stuck on Sauble Beach in Ontario. Some friendly beach volleyball guys, volunteered to pull me out of the sand and water with their 4x4, but only if I personally attached the chain to something structural — they were towing people out all day, and were tired of tearing off bumpers. I basically had to dig myself under the car, to get the chain around a cross member. But it worked. So I got a little muddy (see photo).

At any rate, she's down

the road now. I see now that I was just a temporary custodian.

I'll end this column, and my salute to this particular Mercedes-Benz 190, with a line from a Neil Young song.

Young song.

The line is also the title of the song, an elegy to Young's first car, a 1948 Buick Roadmaster hearse ... Long May You Run.



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Jeep



The RAV4 revolution

 ▶ Beloved Toyota model popularized the small crossover SUV trend
 ▶ All-season confidence RAV4 highlight

SECOND GEAR

JUSTIN PRITCHARD

DRIVE@METRONEWS.CA

More Canadians than ever are gravitating towards the crossover SUV for its blend of year-round utility, flexibility and driving confidence.

Now occupied by players from around the globe, the small crossover scene was virtually kickstarted

The specs

- MODEL 2001-05 Toyota
- VEHICLE TYPE Crossover
- ► APPROXIMATE USED
 PRICE RANGE \$6,000 to
 \$16,000

back in the nineties by one machine: the Toyota RAV4. Turns out that someone's idea of a compact, efficient and car-like 4x4 turned out to be a very, very good one.

last-generation RAV4 was available from 2001 to 2005 model years. All models got four cylinder power from either a two-litre, 148-horsepower or 2.4 litre, 161-horsepower - and both manual unit and automatic transmissions were available. All models in this generation got an automatic fourwheel drive system that split engine power between the front and rear wheels for maximum grip on virtually any surface

What Owners Like

Most RAV4 owners say they love the ease with which their machines handle manoeuvering and



parking duties in day to day life. Good visibility, handling and mileage are also reported. The relatively spacious and flexible interior, all-season confidence and ground clearance are highly-rated, too.

What Owners Hate

Many RAV4 owners wish

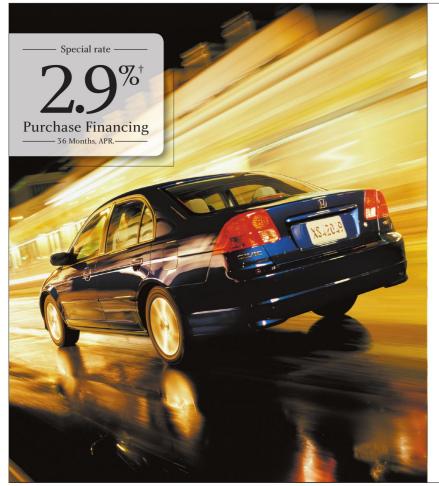
for more power, often reporting wimpy performance and noisy full-throttle operation. Limited rearseat space, and a rougher-than-expected ride on some models have also been reported. Some owners aren't fond of the RAV4's sideways-hinged, swing-open tailgate, either.

Common issues

On a test-drive, pay attention to the shift quality of the RAV4's automatic transmission, if so equipped.

If shifts are harsh, clunky, strange or spo-

radic, chances are a reprogramming of the transmission's computer control module will fix the problem. These issues may cause a check-engine light to illuminate, too.



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1 Masters activity 5 - Moines 8 Sapporo sashes 12 Actor Sharif 13 "Yecch!" 14 Relinguish 15 Too young 17 Acknowledge

18 Handgun 19 Portabello alterna tives

21 Anat. or biol.

22 Twosome 23 — de deux

26 \$ dispenser 28 Skill

31 Ignore 33 Sweet potato

35 Malaria symptom 36 Below (Pref.)

38 Burst 40 Work unit 41 Enamored (of)

43 Scot's chapeau 45 Whirl

47 The hot wings were too much for him

51 Fork option 52 Insurance

54 Desire 55 Praise in verse 56 Pickle flavor

57 Existed

58 Football meas. 59 Pastoral work

Down

1 Rise

4 Worries

5 Two-sidedness

2 All (Pref.) 3 Young fellows

30 Small barrel 32 Make wider

57 6 Early bird?

> 7 A Stooge 8 Sweet potato 9 Drink

10 "American —" 11 Stitches

16 Cabo da —, Portu-20 Erstwhile acorn

23 Omega preceder 24 - Arbor, Mich. 25 Right to vote 27 Chart

29 Scoundrel

34 Reasons, in who dunits

37 Pismire 39 Walk the floor

13

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52 53

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42 Fake duck 44 — Gras

45 Food 46 Bygone times 48 Incursion

49 Unattractive, and then some 50 Find a buyer for

53 Peculiarfame

➤ Yesterday's answer

10

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Α	G	Ε	D		С	Р	Α		Н	Α	Z	E
S	L	Α	Υ		R	0	D		Е	L	Τ	S
Н	Е	R	Е	G	0	Е	S		R	Α	Т	S
Υ	Ε	N		R	0	Т		Е	Ε	R	Τ	Е
			Т	Α	Ν		В	R	Α			
F	T	S	Н	Υ		Q	U	Α	F	F	Е	D
С	L	U	Е		G	Ε	М		Т	0	R	Е
С	L	E	R	Κ	E	D		R	Е	Р	Е	L
			Е	Ε	L		F	0	R			
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Sudoku

	9		1	5		2	
						_	
			2	4			
8		4			5		1
		1	8	9	7		
9							6
		5	4	7	3		
6		2			4		7
			3	6			
	4		7	1		8	

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

5	9	2	7	4	6	1	3	8
8	4	7	3	1	5	6	2	9
1	6	3	9	8	2	4	7	5
6	2	9	4	3	8	7	5	1
4	1	8	5	6	7	2	9	3
7	3	5	1	2	9	8	4	6
3	7	6	2	5	1	9	8	4
2	5	1	8	9	4	3	6	7
9	8	4	6	7	3	5	1	2

Today

Partly cloudy

Send a

Show some love! Send a note to somebody special at kiss@metronews.ca

To Bru! Love you babe! Sorry I can be stupid at times!!!!! <3 CHRIS

Bill, on Saturday we will be married 40 years. I love for all the good times, sad times but most of all I love you for our 3 children which in turn have given us 6 beautiful grandchilden. Happy Anniversary. Lots of Love, YOUR WIFE, MARY

Vivian, you are my sweet little chinese rose. I am so glad we are together, now and for always. JRBW

Babochka. Come seize the day with me ... for each hour is timeless ... and every second matters ... when I'm with you. LOVE, YOUR UNICORN

T, the past 3 years have been one adventure after another and through it all we have been there to lean on each other. Happy Anniversary, LOVE D.

Friday

PHILIPPSEN/THE ASSOCIATED PRES

Today's horoscope

T Aries March 21-April 20 Why are you so reluctant to commit vourself to a task that could bring you fame and fortune? Is it because you fear you may not be up to the job? If so, don't worry - you're a natural.

¥ Taurus April 21-May 21 You may be ambitious by nature but don't push yourself too hard and burn vourself out. You are advised to save as much energy as you can over the next few days.

II Gemini May 22-June 21

What would you do if any path was open to you and you knew you could not fail? Then do it. Your dreams can come true, if you have the courage to aim high and the commitment never to give up.

G Cancer June 22-July 22 You need to find an outlet for all that energy that has been building up inside you. Physical activity of some kind is a must today as it will help you work off your frustrations.

Ω Leo July 23-Aug.23 Isn't it about time that you reminded someone close how much they mean to you? Most likely they know already but it never hurts to make sure, so hug them, kiss them and make them feel special.

Mr Virgo Aug. 24- Sept. 22 Your efforts may not seem to be bearing much fruit but don't get discouraged because the planets promise that what you do over the next few days will pay dividends early next week.

For today's crossword answers and for expanded horoscopes, ao to metronews.ca

may be a nice guy by nature but you also possess an indomitable will: nothing ever defeats you and nothing gets you down for long.

M Scorpio Oct. 24-Nov. 22 You have no doubt at all that you are going to reach the top of your chosen career path, but according to the planets you can't do it alone

→ Sagittarius

Nov. 23-Dec. 21 Some of the best partnerships are formed between people whose outlooks are radically different, and if you bear that thought in mind you are less likely to miss an opportunity to link up with someone special. You'll make a great



り Capricorn Dec. 22-Jan. 20 What happens over the next 24 hours will make you realize how much more is possible, and how far short of your potential you have been falling.

Aquarius Jan. 21-Feb. 18 What seemed like a good idea yesterday does not seem like a good idea today, and there is no reason why you should not give up on it. It's okay to change your mind.

H Pisces Feb. 19-March 20 You are strongly advised not to take risks today, not even if the odds appear to be in your favor. That applies especially to relationships. Stick with what, and who, you know and trust. Why risk everything for just a little extra? SALLY BROMPTON





Thursday

Partly cloud

You write it!

Write a funny cap tion for the image to the right and send it to play@metronews.ca the winning caption will be published in tomorrow's Metro.

WIN!





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